

# Supportive Dyadic Coping sebagai Moderator dalam Peran Parental Stress terhadap Kepuasan Pernikahan dalam Transisi Menjadi Orang Tua = Supportive Dyadic Coping as Moderator: Does Parental Stress Predict Marital Satisfaction in Transition to Parenthood

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## Abstrak

Transisi menjadi orang tua menjadi sumber stres bagi sebagian besar pasangan. Diketahui bahwa cara coping orang tua mempengaruhi tingkat parental stress dan kepuasan pernikahan. Penelitian bertujuan untuk menguji efek buffering dari supportive dyadic coping dalam mengurangi dampak parental stress terhadap kepuasan pernikahan dalam transisi menjadi orang tua. Penelitian menggunakan alat ukur Parental Stress Scale (PSS), Dyadic Coping Inventory (DCI), dan Couple Satisfaction Index (CSI). Data terkumpul dari 112 orang tua (N ibu = 90%, usia M = 27,9 SD usia = 2,8). Dimensi emotion focused supportive DC ditemukan berperan signifikan dalam menjadi moderator antara peran parental stress terhadap kepuasan pernikahan  $F(1, 111) = 11,21, p < 0,005$  sedangkan problem focused supportive dyadic coping  $F(1, 111) = 26,39, p > .005$  ditemukan tidak signifikan mengurangi dampak parental stress terhadap kepuasan pernikahan. Hasil menunjukkan bahwa dalam transisi menjadi orang tua, pasangan harus mempertimbangkan pentingnya supportive dyadic coping untuk mempertahankan kepuasan pernikahan mereka.

.....The transition to parenthood is stressful for most couples. It is known that the parents' way of coping affects the level of parental stress and marital satisfaction. This study aims to test the buffering effect of supportive dyadic coping in alleviating the impacts of parental stress towards marital satisfaction of first time parents. The measurements used were Parental Stress Scale (PSS), Dyadic Coping Inventory (DCI), and Couple Satisfaction Index (CSI). Data was collected from 112 parents (N mothers = 90%, M age = 27.9 SD age = 2.8). The moderating effect of emotion focused supportive dyadic coping  $F(1, 111) = 11,21, p < 0,005$  was significant, while problem focused supportive dyadic coping  $F(1, 111) = 26,39, p > .005$  was found not significant in alleviating the impact of parental stress towards marital satisfaction. The results suggest the importance of supportive dyadic coping in order to maintain marital satisfaction during the transition to parenthood.